NAME	DATE
TEACHER	SECTION

	Score	FITNESS COMPONENTS					FITNESS COMPONENTS					
		HEALTH RELATED					SKILL RELATED					
STATIONS		Cardiovascul ar Endurance	Muscular Strength	Muscular Endurance	Flexibility	Body Composition	Agility	Balance	Coordination	Power	Reaction Time	Speed
1. Step Ups												
2. Balance Cups												
3. SHUTTLE RUN	Time:											
4. PUSH-UP/CUPS	Time:											
5. BALL THROW												
6. JUMP ROPE												
7. TIC TAC TOE												
8. PULL UPS /DIPS	#											
9 HULA HOOPS												
10. CLIMBING WALL												
11. MEDICINE												
BALL												
12. EXERCISE												
BALLS												
									_	_		